



Healthy Alaska



November 2010

Healthy Holiday Eating

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Brain Booster:

Which of the following sentences does not belong with the others?

1. Wild turkeys are native to North America.
2. Wild turkeys can fly at speeds up to 55 miles per hour.
3. Between 500-600 feathers cover the average adult turkey.
4. Benjamin Franklin wanted the wild turkey to be America's national bird.
5. Turkey hens can lay about 10-12 eggs in a season

The holiday season is a time of warmth, family, and fun. Each year families and friends gather to enjoy each other's company and, perhaps, enjoy a few good holiday meals. With all sweet and savory foods available at this time of year, maintaining a well-balanced diet is often challenging. Adults and children alike engage in this annual struggle to eat healthy and still enjoy all the good things this season has to offer. Nonetheless, with a little will-power and planning there are ways to limit weight gain while enjoying the holiday fare.

The key to healthy holiday eating is to keep things in balance. While it is okay to enjoy the occasional snack or dessert, it is important to eat these things in moderation and to ensure that the proper amounts of nutrients are consumed.

One way to do this is to serve a well-rounded breakfast and a light lunch prior to attending a holiday party or feast to offset the lack of nutrition in higher fat foods and keep individuals full enough so that they do not overeat later in the day.

Another way to maintain balance is to make a conscious choice to limit high fat foods. Children, in particular, tend to gravitate to the less healthy options; however, parents can help make healthy choices by limiting the number of sweet drinks consumed during holiday parties and making sure that they include healthy foods when dishing their plates. Similarly, adults can make a choice to limit their own intake by using portion control and choosing low or no-sugar beverage options. A trick to keeping nutritious foods at the center of everyone's diet is to serve healthier items first so that they have less room to fill up on the unhealthy foods. When enjoying the meal, encourage children to eat slowly and to stop when they feel full.

While food plays a big role during holiday gatherings, take time during meals and parties to engage in other activities, whether it means taking a walk with friends, dancing, singing or playing games. Taking the focus off food will not only curb the urge to overeat, but will also liven up the gathering and give people the opportunity to have fun and mingle.

The most important thing to keep in mind is that the holidays are not a good time to diet. Instead, focus on maintaining healthy eating habits and enjoy the food and the season.

For more tips on healthy holiday eating, visit <http://family.samhsa.gov/be/holidayeat.aspx>.

Recipe Substitutions

The table below contains tips for lightening up some of the common ingredients found in holiday recipes. Try these to give your next holiday meal a healthier twist:

Ingredient	Substitution
1 whole egg	2 egg whites
Sour cream	Low fat plain yogurt or low fat sour cream
Ice cream	Frozen yogurt
Heavy cream (not for whipping)	Equal parts half-and-half and fat-free evaporated milk
Light cream	Equal parts 1% milk and fat-free evaporated milk
Cheese	Low-fat cheese
Butter, shortening, or oil for baking	Applesauce or prune puree for half of the called-for butter, shortening, or oil
Syrup	Sugar-free syrup or sugar-free preserves or pureed fruit



Brain Booster—

Answer:

#3 does not belong as it is the only sentence that is not a fact. The average adult turkey is covered by 5000-6000 feathers, not 500-600.

All the rest of the sentences are facts about wild turkeys.

Alaska School Counselor Association, Inc. Professional Development Conference

November 17-20, 2010
Anchorage Marriott
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Anchorage, Alaska

For more information,
contact 907-831-0417

Or visit: [http://
alaskaschoolcounselor.o
rg/page_folder/PDC10/
PDC10infopage.htm](http://alaskaschoolcounselor.org/page_folder/PDC10/PDC10infopage.htm)

Twelve Health and Safety Tips for the Holidays

The following holiday health and safety tips were provided by the CDC. To forward these tips as an e-greeting or to listen to the 12 Ways to Health Holiday song, visit the CDC webpage at <http://www.cdc.gov/features/healthytips/>.

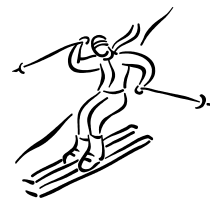
12 Tips for a Healthy and Safe Holiday Season:

1. Wash hands often to keep yourself from spreading germs and getting sick.
2. Bundle up to stay dry and warm.
3. Manage stress. Don't over-commit yourself and keep holiday spending in check.
4. Don't drink and drive or let others drink and drive.
5. Be smoke-free. Avoid smoking and second-hand smoke.
6. Fasten seat belts while driving or riding in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age.
7. Get exams and screenings. Ask your doctor or nurse what exams you need and when to get them.
8. Get your vaccinations, which help prevent diseases and save lives.
9. Monitor the children. Keep potentially dangerous toys, food, drinks, household items, and other objects out of kids' reach. Make sure toys are used properly.
10. Practice fire safety. Most residential fires occur during the winter months, so be careful to never leave fireplaces, space heaters, stoves, or candles unattended. Have an emergency plan and practice it regularly.
11. Prepare food safely. Remember these simple steps: wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures, and refrigerate promptly.
12. Eat healthy, and get moving. Eat plenty of fruits and vegetables. Limit your portion sizes and foods high in fat and sugar. Be active for at least 2½ hours a week and help kids and teens be active for at least 1 hour a day.

Keep Kids Active

The holiday season can present an interesting challenge when it comes to keeping kids active. Between the holiday parties and the cold weather outside, it can be difficult to find ways to keep them moving. The following list provides ideas that teachers and parents can use to encourage children to move even on the coldest day:

- ♦ **Hit the slopes:** Whether skiing, snowboarding, or sledding, these winter activities are not only fun, but also provide great exercise.
- ♦ **Play in the snow**
- ♦ **Dance:** Turn up the music and encourage children to dance away.
- ♦ **Exercise indoors:** Walk the halls at school, hold recess in the gym, or take children to a local mall or store and window shop.
- ♦ **Hit the trails:** Snow shoeing and cross-country skiing offer a great workout and a great opportunity to view wildlife during the winter season.
- ♦ **Visit the library:** Libraries usually provide a selection of exercise videos and books, perfect for cold weather days!
- ♦ **Find nearby indoor facilities:** Indoor pools, gyms, and community centers offer perfect opportunities for fun and active field trips or family outings.
- ♦ **Enroll children in instructional classes:** Dance class, martial arts, and other group classes give children a chance to get excited about exercise while interacting with their peers.
- ♦ **Add spurts of physical activity throughout the day:** Add physical activity to classroom projects, enlist the children's help cleaning up the classroom or the home, etc.



Bullyinginfo.org

BullyingInfo.org is a project of the Interagency Working Group on Youth Programs (IWGYP) focused on providing tools and resources for youth, parents, teachers and mental health providers to prevent and address bullying.

Tie One on for Safety

The Tie One on for Safety campaign was created in 1986 to help heighten public attention to drinking and driving during the holiday season. Join the campaign this month by providing red ribbons to schools and organizations in your community, educating others about the dangers of drunk driving, and promoting safe and sober driving.

For more information about this campaign, visit <http://www.maddpa.org/edu/redribbon.html>

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To subscribe directly to our newsletter, visit us at: www.eed.state.ak.us/tls/schoolhealth/subscribe.htm

FEEDBACK

We are looking for feedback! If there are any changes you would like to see made and/or suggestions for content of the newsletter, please send them to Meghan Nelson at meghan.nelson@alaska.gov

School Health Partners:



www.eed.state.ak.us/tls/schoolhealth/



www.hss.state.ak.us/dph/chronic/school/default.htm

Team Nutrition the Alaskan Way

A USDA Team Nutrition grant of \$247,801.00 was awarded to Child Nutrition Services to create healthy school environments by promoting better eating habits and more physical activity in our schools. A publication created from the grant, *Team Nutrition the Alaskan Way Guide*, will present physical activities unique to Alaska or indoor activities for inclement weather and tools for Alaskan school staff to use as leaders in reversing the epidemic of childhood overweight/obesity. The guide will also encourage use of healthy traditional foods of Alaska that meet the cultural and ethnic preferences of children and families and materials to implement local food harvest and school garden activities.

The Fundraising Conflict

The Fundraising Conflict

Fundraising is part of the school environment and offering healthy fundraising options is consistent with our message to promote good nutrition in our communities. The Center for Science in the Public Interest has a booklet with some practical examples and messages that you can present to school parents and staff to support healthy choices. You can access this booklet at <http://www.cspinet.org/new/pdf/schoolfundraising.pdf>.

Sweet Deals: School Fundraising Can Be Healthy and Profitable (PDF):

"It is important that all foods and beverages sold at and by schools make a positive contribution to children's diets and health. Given rising obesity rates and children's poor diets (only 2% of American children eat a healthy diet), it is no longer acceptable to sell junk food to children through school fundraisers. Healthy fundraisers set a positive example and support healthy eating by children, nutrition education, and parents' efforts to feed their children healthfully."

Pumpkin Cranberry Bread

Makes one loaf -9x5x3

¾ cup whole wheat flour	1/2 teaspoon cinnamon
¾ cup white all purpose flour	1/2 teaspoon allspice (or add ½ tsp cinnamon)
1/2 teaspoon of salt	1/2 cup dried cranberries
1 cup packed brown sugar	
1 teaspoon baking soda	
1 cup pumpkin purée* (or canned pumpkin)	
1/2 cup oil (or melted butter)	
2 eggs, beaten	
1/4 cup water	
1/2 teaspoon nutmeg	

**To make pumpkin purée, cut a pumpkin in half, scoop out the seeds and stringy stuff, lie face down on a foil lined baking sheet. Bake at 350°F until soft, about 45 min to an hour. Cool, scoop out the flesh. Freeze whatever you don't use for future use. Or, if you are working with pumpkin pieces, roast or boil them until tender, then remove and discard the skin.*

METHOD

1. Preheat oven to 350°F (180°C). In a large bowl, mix 1 the flour, salt, sugar, and baking soda thoroughly.
2. Mix the pumpkin, oil, eggs, 1/4 cup of water, and spices together, then combine with the dry ingredients, but do not mix too thoroughly. Stir in the dried cranberries
3. Pour into a well-buttered (you may use spray oil instead) 9x5x3 inch loaf pan. Bake 50-60 minutes until a thin skewer or knife poked in the very center of the loaf comes out clean. Turn out of the pan and let cool.